

Child and Adult Care Food Program (CACFP) Meal Pattern for Adults¹

Food Components	Breakfast	Lunch	Supper	Supplement² (Snack) select 2 of the 4 components
Milk Milk, Fluid ^{3,4}	1 cup ^{3,4} (8 oz.)	1 cup ^{3,4}	None	1 cup ^{3,4}
Vegetables and/or Fruits⁵ Vegetable(s) and/or Fruit(s) or Full-strength vegetable or fruit juice or An equivalent combination of vegetable(s), fruit(s), and juice	$\frac{1}{2}$ cup $\frac{1}{2}$ cup	1 cup total (two or more servings ⁵)	1 cup total (two or more servings ⁵)	$\frac{1}{2}$ cup $\frac{1}{2}$ cup
Grains/Breads⁶ (whole grain or enriched) Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁷ or Cooked cereal or Cooked pasta or noodle product or Cooked cereal grains or An equivalent quantity of any combination of grains/breads	2 Servings = 2 slices 2 servings 1½ cups or 2 oz. 1 cup 1 cup 1 cup	2 Servings = 2 slices 2 servings 1½ cups or 2 oz. ⁸ 1 cup 1 cup 1 cup	2 Servings = 2 slices 2 servings 1½ cups or 2 oz. ⁸ 1 cup 1 cup 1 cup	1 Serving = 1 slice 1 serving $\frac{3}{4}$ cup or 1 oz. $\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ cup
Meat and Meat Alternates Lean meat or poultry or fish ⁹ or Alternate protein products ¹⁰ Cheese or Eggs or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ¹¹ or Yogurt, plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat/meat alternates	None	2 oz. 2 oz. 2 oz. 1 large egg $\frac{1}{2}$ cup 4 Tbsp. 1 oz. = 50% 8 oz. or 1 cup	2 oz. 2 oz. 2 oz. 1 large egg $\frac{1}{2}$ cup 4 Tbsp. 1 oz. = 50% 8 oz. or 1 cup	1 oz. 1 oz. 1 oz. $\frac{1}{2}$ large egg $\frac{1}{4}$ cup 2 Tbsp. 1 oz. 4 oz. or $\frac{1}{2}$ cup

¹ The meal pattern chart shows the minimum amounts of each component that must be made available to each participant in order to claim reimbursement for the meal. Participants may be served larger portions but not less than the minimum quantities specified.

² A supplement (snack) must consist of two food items, each from a different food component. For example, fruit juice and carrot sticks would not meet the requirements as both items are from the fruit/vegetable component. Juice may not be served when milk is the only other component.

³ Fluid milk is to be provided as a beverage. Yogurt (1 cup), cheese (1½ ounces) or processed cheese (2 ounces) may be substituted for the milk component at all but one meal or snack per day. One meal or snack each day must contain fluid milk. When yogurt or cheese is used to meet the milk component, it may not be used to meet the meat/meat alternate component in the same meal.

⁴ For the purposes of the requirements, a cup means a standard 8-ounce measuring cup.

⁵ Fruits and/or vegetables must be served as two separate menu items at lunch and supper. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement, i.e., counts as one item.

⁶ Bread, pasta or noodle products, and cereal grains must be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole-grain or enriched meal or flour; cereal must be whole-grain or enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour. All products must meet the minimum serving sizes specified in *Serving Sizes for Grains/Breads in the CACFP*.

⁷ Either volume (cup) or weight (ounce), whichever is less.

⁸ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁹ Edible portion as served.

¹⁰ Alternate Protein Products must (1) be processed so that some portion of the non-protein constituents of the food is removed, (2) have a biological protein quality of at least 80 percent that of casein as determined by PDCAAS, and (3) contain at least 18 percent protein by weight when fully hydrated or formulated.

¹¹ No more than 50 percent of the requirement for lunch or supper shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For the purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry or fish.